

Water-Based Classes

- **Aqua Fit** – A full-body, low-impact workout in the water, blending cardio, strength, and flexibility for an energizing start to your day.

Dance & Rhythmic Workouts

- **Cardio Dance** – A high-energy dance party with dynamic cardio moves set to music.
- **Country Dance** – Learn country-style moves like the two-step, swing, and line dancing in a fun, social atmosphere.

Cycling Classes

- **Late Night Ride** – A high-energy cycling class with glowing lights and upbeat music for a fun nighttime ride.
- **Lunchtime Cycle** – A quick, invigorating midday ride to recharge your body and mind.
- **Raider Ride** – A heart-pumping cycling class with hills, sprints, and high-energy motivation.
- **Sunrise Cycle** – A morning cycling session designed to energize you for the day ahead.

Strength & Conditioning

- **Barre** – A fusion of Pilates, ballet, and yoga for a full-body, low-impact burn.
- **Booty + Abs** – A focused workout to tone and strengthen glutes and core.
- **Cardio HIIT** – High-intensity interval training to build endurance and burn fat.
- **Core** – A class dedicated to strengthening abs, obliques, and lower back for better stability.
- **Kickboxing** – A fast-paced cardio and strength workout with martial arts-inspired moves.
- **Strength** – A weight and resistance training class to build full-body strength.
- **Step and Tone** – A combination of step aerobics and strength exercises for a full-body workout.

Mind & Body

- **Integrative Yoga** – A 75-minute practice combining movement, breathwork, and deep stretching.
- **Mat Pilates** – A core-focused, low-impact class that enhances strength, flexibility, and posture.
- **Sunrise Pilates** – A mindful morning Pilates class to start the day feeling centered and strong.
- **Beginner Yoga** – A breath-connected movement practice to improve flexibility, strength, and relaxation.